

Peanut Butter & Banana Smoothie

Makes: 1 servings

INGREDIENTS

- 10 ounces skim milk or plain soy milk
- 1 tablespoon natural peanut butter
- 1 medium banana

DIRECTIONS

In a blender, combine all ingredients and mix until smooth. Use 6 ice cubes for a thicker consistency or use a frozen banana instead of the ice.

Blueberry Brain Boost Smoothie

Recipe from *Super-Charged Smoothies*

Oprah.com | From the July 2010 issue of *O, The Oprah Magazine*

Recent studies show that the powerful antioxidants and phytochemicals in blueberries may improve cognitive function. Paired with walnuts, they make a blueberry smoothie that tops the antioxidant chart. The rich nuttiness of the walnuts complements the berries, and they may work a little magic on your memory. Word has it that walnuts contain essential fatty acids that support the development of brain cells and neurotransmitters, so sip this unforgettable smoothie and you may just forget less!

Servings: Serves 2 (makes about 2 1/2 cups)

Ingredients

- 1 cup 100% apple juice
- 1 fresh ripe banana
- 1 1/2 cups frozen blueberries
- 1/2 cup frozen raspberries
- 1/4 cup raw walnuts , preferably soaked and drained

Directions

Combine the apple juice and banana in a blender. Add the blueberries, raspberries, and walnuts. Blend until smooth.

Watermelon Agua Fresca Smoothie

Recipe from *Super-Charged Smoothies*

Oprah.com | From the July 2010 issue of *O, The Oprah Magazine*

Traditionally, authentic agua frescas are made without blenders by simply mashing fruit with a fork or masher before adding water. We've taken the liberty of using a blender for an ultra-light, refreshing rendition of this traditional Mexican drink. In the spring and summer, we use fresh strawberries and a few ice cubes in lieu of the frozen ones for ultimate freshness.

Servings: Serves 2 (makes about 2 1/2 cups)

Ingredients

- 3 cups diced seeded watermelon , chilled
- 1 cup frozen strawberries
- 1 Tbsp. fresh lemon juice
- Pinch of sea salt
- Agave nectar (optional)

Directions

Combine the watermelon, strawberries, lemon juice, and salt in a blender. Blend until smooth. Sweeten with agave nectar, if you like.

The Myers Smoothie

Ingredients

- 1 cup Stonyfield Organic vanilla yogurt or greek yogurt
- 1 cup orange juice
- 1 handful spinach
- 1 cup frozen blueberries
- 1 banana
- 3 T. ground flax seed
- 1 T honey

Blend until smooth. Makes enough for a family of four!

It is amazing: When using frozen blueberries in a smoothy, you cannot even tell spinach is blended in it. The blueberry color hides the green and you cannot taste it! A great way to sneak spinach in. Even more daring? Add fresh kale to your smoothies!